

yechida's reflections

Posted by yechidah - 29 Jun 2009 19:47

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(any questions , insights & suggestions about this thread,feel free to email me at [taryaga@gmail.com](mailto:taryaga@gmail.com))

There are many reasons we need to be where we are and who we are,most are unknown.Why do we even have to be in a situation or have in our soul so much darkness and a pull toward self-destructing negative behaviors?

I saw once an amazing thought in a sefer.Moshe Rabeinu came from a union that after the Torah was given would have deemed him a mamzer(parents being an aunt & nephew).He could not boast of his lineage.This is one reason that let him be the greatest Anov that ever lived.

We who have to deal with the stuff that's in us that we would rather not have in the first place-this pain and shame over the course of time -makes us realize that even when we b'ezras Hashem pull out of the addictions-we will never look at another Yid that is struggling with this in a negative way

We catch a Yid looking where he shouldn't be looking and our hearts are full of compassion.We will daven for him,treat him with respect,gently try to get him out of it.We would never disgrace him-not even in our hearts-because we were there.We know what it's like.In our eyes he is a potential tzaddik.

This is surely one reason Hashem gave us this urge towards baseness with all it's shades of ugliness.Yes you are special-like every Yid is-but never ever judge harshly My son or daughter that is struggling-because I love him or her - he or she is part of Klall Yisroel.Just as indispensable as you are.

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Re: yechida's reflections

Posted by yechidah - 13 Dec 2011 16:38

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Kindness

by Audrey Coatesworth

Kindness

Is it really too hard to smile?

Or walk that fraction of a mile?

To bend down – maybe - once again

Pick up something for one in pain?

To offer your seat when all have gone?

Make someone laugh who has no fun?

To help to carry too heavy a load

Of one who is limping down the road?

Some people seem to be unaware

That in their lives other people share

An act of kindness passes by

They don't notice and they don't try

They behave as if they are blind

To others' needs and do not mind

But they lose out, make no mistake

These do not give, they only take

But they will never have the feeling

Of inner peace - that is so healing

An inner knowledge of doing well

Which others have no need to tell

Why not find out which one you are?

Actions speak louder than words - by far

'Survival' is built into every mind

But, it's also true , all could be kind

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Re: yechida's reflections

Posted by yechidah - 25 Dec 2011 23:11

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Light of Chanuka

beautiful soul,

untainted,

innocent,

deepest wisdom within

yet simple and humble

its pure light

gently dispelling

all darkness and pain

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Re: yechida's reflections

Posted by yechidah - 27 Dec 2011 13:51

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Healing silence

Is one of acceptance

Receptive, open

Protective walls created

Preserving the light within

So that when finally brought forth

Its with wisdom and love

Your are invited in

Providing you knock gently

Prior to entering

As a guest

To be honored and respected

In the home of the host

Healing silence is not sullen

Its not self absorbed

This type of silence

Gives birth to words

Of deep wisdom

Light-filled letters

Warming and Illuminating

All entering

The sacred home of the heart

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Re: yechida's reflections

Posted by yechidah - 28 Dec 2011 13:21

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Essence of our bitter exile

Is our inability

To unite our Nation's heart

As One

So we ask Him

"Please unite us a One"

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Re: yechida's reflections

Posted by yechidah - 30 Dec 2011 16:29

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A truly broken heart

Is whole

Complete

Broken up, releasing

Overflowing compassion

Love and unity

Bringing forth one's true essence

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Re: yechida's reflections

Posted by yechidah - 03 Jan 2012 20:37

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Breakfast

Is God's way of telling us

Enjoy your day

Make the most of each moment

Just as this food gives you

Energy and pleasure

Now go

And fill the Universe with the same

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Re: yechida's reflections

Posted by yechidah - 04 Jan 2012 13:31

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At the end of the day

My weary brain and tired body

Aches to rest

God's grace gratefully remembered

Welcoming me at night

A comfortable bed, warm covers

Pillow softly caressing my head

Emotional peace, a warm wife

Soothing presence of a tired soul

Closing my eyes, My Creator

Holds me in an embrace

And slowly, gently,

Releases me into the dawn of a bright new day

Though night of darkness has its pain

It can also be a soothing

Kind friend

Rest for a tired soul

To sleep and meditate peacefully

In my night abode

So as to feel refreshed

For a new beginning



Of a new day of life

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Re: yechida's reflections

Posted by yechidah - 06 Jan 2012 13:36

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Just as a small seed

Planted in soft fertile earth

Can grow a beautiful tree

Of many leaves and fruits

So too, God plants

A seed of light

In our fertile minds

To sprout forth an abundance

Of healing light

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Re: yechida's reflections

Posted by yechidah - 07 Jan 2012 23:24

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I saw a quote today

"To a worm in horseradish,the world is horseradish"

and a world view of a person who lusts is very narrow ,and though to him it's his whole world,he  
is just simply stuck in his own horseradish

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Re: yechida's reflections

Posted by Dov - 08 Jan 2012 19:19

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Nu, at least his sinuses are clear.

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Re: yechida's reflections

Posted by yechidah - 08 Jan 2012 20:42

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[dov wrote on 08 Jan 2012 19:19:](#)

Nu, at least his sinuses are clear.

yep,that's his comfort zone in the horseradish,his sinuses are clear.

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Re: yechida's reflections

Posted by yechidah - 09 Jan 2012 13:11

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Men have tried

Digging up treasures and wellsprings

From the depths of the earth

Since the beginning of time

Not realizing

That those special gifts he is seeking

Are within him all along

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Re: yechida's reflections

Posted by yechidah - 09 Jan 2012 18:40

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## Light Notes # 10-Crying out to Hashem -Shemos 5772

Dear Friends,

The Mei Hashiloach puts forth a most powerful and encouraging concept before us. He says that the beginning of the salvation of Klall Yisroel was when they cried out to Hashem from the oppression they were suffering from. As soon as the Bnei Yisroel cried out, their pleas reached the heavens and caused the yeshuah to take hold

Until then, the Bnei Yisroel couldn't cry. That was the real crux of their Galus. Their heart couldn't cry out. And when Hashem wanted to save them, He aroused them to cry before Him. That crying, or more precisely that feeling in their hearts to need to cry out to Hashem that was the spark and the beginning of their being saved. Before that time of crying out, a person does not fully feel his lack and his flaws. Once Hashem decides to save and help, that is when Hashem shows a person his flaws!!! **The all powerful devastating realization of a person's own inherent flaws, and that he cannot live with himself anymore, is precisely the sign from above that Hashem wishes to save him!!**

Hashem put into this Yid's heart a special awareness of his flaws and the heavy pain of being in such a state. Hashem sends him the power of prayer and supplication into his heart. When that point occurs, and the lost man or woman cries out to Hashem, that is when Hashem really begins to show His kindness to that person. To heal him or her from their emotional pain. Until that time, the heart was stuffed up, there was a denial, a blockage. That "terrible" rock bottom feeling that creates in a person the need to cry out. You can call that the worst moment in your life. **But in reality it was prior to that when the worst occurred.** Because that terrible rock bottom desperate feeling that compels a person to make those changes, that is already the beginning of the salvation

And so it is with Hashem chessed that you are all here. Whether “caught by others” or “caught by yourselves” ,when you hit that point when you can’t live with yourself the way you are anymore and ask Him for real to help and save you, it’s that bitterness about your matzav is Hashem’s way of telling you to call out to Him. He is telling you that He is ready to help you. The yeshus has begun. **The self awareness, the mindfulness of your soul and how it has been dragged down to the depths, as terrible painful as that may be is actually the seed from where all salvation and healing will come.**

In Mitzrayim it was a much tougher situation. Speech itself was in exile. It took this terrible affliction to open their hearts, but it need not be that way now. After leaving Mitzrayim, after receiving the Torah, we don’t need to wait for that arousal from Above. We can tell Him that we are ready to change even if that is not yet felt in the heart. We can ask Hashem to open our hearts to change. But know that once we feel it, once we experience that terrible pain of coming face to face with yourself and your situation, that is when the real blessings take place. But we cant let that feeling just pass. We need to act upon it with prayer and a serious recovery program.

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Re: yechida's reflections

Posted by yechidah - 10 Jan 2012 16:19

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Sometimes a lost soul

Wanders deeply

Into an intricate complex maze

Of a deep dark forest

As he wanders off “aimlessly”

Feeling completely lost and abandoned

Not realizing

That this painful wandering

Had him reach a point

That is very close

To the great highway

Of the King's Palace

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